ASSOCIATION BETWEEN PRE-TEST LEVEL OF ATTITUDE OF RESPONDENTS REGARDING PREVENTION AND MANAGEMENTOF VARICOSE VEINS AND THEIR SOCIO-DEMOGRAPHIC VARIABLES

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ABSTRACT

Varicose veins are common in the superficial veins of the legs which are subject to high pressure when standing. Accumulation of more and more venous blood in the superficial venous system makes the superficial veins dilated and tortuous. This condition of dilated and tortuous veins in the leg due to damaged value between the deep and superficial venous system is called varicose veins. The quantitative research approach was used in the present study. The present study adopted Quasi experimental pretest post test design for the evaluating the effectiveness of video assisted teaching program on knowledge and attitude regarding prevention and management of varicose veins among nursing officers working at critical care units. The present study was conducted in selected hospitals of Belagavi, Karnataka state. The population selected for the present study is nursing officers working at critical care units. The Non-Probability purposive sampling technique was used in the present study to draw the samples from the total population. The result shows that, the calculated chi square value for association between levels of attitude of respondents of both experimental and control group is found to be significant statistically at 0.05 levels for their gender. Therefore, the findings partially support the null hypothesis H_{05}.

KEYWORDS: *Varicose, accumulation, superficial, dilated.*

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INTRODUCTION

Non-communicable diseases (NCDs) pose increasingly important public health problems in low-income and middle-income countries (LMICs). In 2008, 80% of global NCD deaths occurred in LMICs; NCDs recently accounted for 7.9 million of 14.5 million deaths (54%) in Southeast Asia and were responsible for two of every three deaths (34.5 million) worldwide in 2010. Poverty, illiteracy, poor-health infrastructure and demographic transition, including increasing life expectancy, are major contributors to the rising burden of NCDs in LMICs. Other postulated causes include poor foetal and childhood nutrition. A similar pattern is evident in South Asian countries like Nepal, where NCDs currently occur more frequently than communicable diseases and behavioural risk factors such as tobacco smoking are high.

Nurses are an integral component of health care delivery system. In discharging the duties, nurses encounter a variety of occupational health problems, which may be categorized in to biological hazards, physical hazards and psychological hazards. Nurses constitute the largest category of health care workers in most of the countries, and have a critical role in the health care delivery system. Nurses generally serve as the primary interface with patients. It would be fair to state that the health care delivery system would cease to function in the absenceof nurses. (Ahti TM et al 2010)

The work environment is a major aspect of a person's overall environment. Workplace settings exacerbate the expansion of health. Working environments have a significant impact on the health of those who are exposed. The work environment constitutes an important part of man's total environment, so health to a large extent is affected by work conditions. Occupational environment too plays a major role on the health of the exposed. The health hazards get more severe when the duration of exposure increases. Varicose veins is the most common disease in women and in people whose occupations require prolonged standing, pregnancy, nurses, teachers, traffic police, security, bus conductors, machine workers, pregnancy and construction workers etc. (Bailey H et al 1991)

OBJECTIVE

To find the association between pre test level of attitude of respondents regarding prevention and management of varicose veins and their socio demographic variables.

REVIEW OF LITERATURE

Ramaswamy A and Shibumon MM (2016) conducted a cross sectional study to describe the current prevalence of varicose veins, associated risk factors and prevalence of its complications among health care professionals. Results or the study revealed that, two hundred and twenty-five subjects were included in the study of which 23.6% were doctors and 76.4% nurses. Majority of respondents were females (81.8%).Varicose veins were identified in 34.1% nurses and 9.6% doctors. Complications were noted in 23.4%. Most common symptoms were calf pain(81.3%) and muscle cramps(75%).A history of prolonged standing was present in 96.9% of positive responders and 43.8%had a family history for varicose veins. Bilateral involvement was noted in 45%and unilateral involvement in 55%. Study concluded that, based on the current study, 28% of healthcare professionals are suffering from Varicose Veins. A higher prevalence is seen among nurses compared to doctors. Complications were noted in one-fourths of them. The study also showed strong relation with prolonged standing, pregnancy and family history. Also, the study showed that majority of positive cases was aware of their condition but did not seek medical attention.

Maziad, Maya and Deek, Hiba (2021) undertaken a cross-sectional study to determine the prevalence of varicose veins among nurses working in different hospital units and identify the protective and risk factors to varicose vein development. In the present study 110 nurses at Rafik Hariri University Hospital and Osseiran Hospital working at units assumed to have the longest standing hours such as Emergency Department, operating rooms and medical and surgical units participated in the study. The participants were surveyed on socio demographic characteristics, clinical history and current working conditions. This study identified the risk and protective factors of varicose veins among people working in the nursing profession. Homemade food was found to be a protective factor against this condition along with normal bowel movement. Future studies should look into proper assessment of the study participants for accurate findings.

METHODOLOGY

The quantitative research approach was used in the present study. The present study adopted Quasi experimental pretest post test design for the evaluating the effectiveness of video assisted teaching program on knowledge and attitude regarding prevention and management of varicose veins among nursing officers working at critical care units. The present study was conducted in selected hospitals of Belagavi, Karnataka state. The population selected for the present study is nursing officers working at critical care units. The Non-Probability purposive sampling technique was used in the present study to draw the samples from the total population.

RESULTS

DESCRIPTION OF FINDING RELATED TO ASSOCIATION BETWEEN PRE TEST LEVEL OF ATTITUDE OF RESPONDENTS REGARDING PREVENTION AND MANAGEMENT OF VARICOSE VEINS AND THEIR SOCIO DEMOGRAPHIC VARIABLES.

Pretest level of attitude and socio demographic variables:

Table: 1 Association between pretest levels of attitude and selected demographicvariables. N=200

S No	Demographicvariables	Level of Attitude			Chi square value	P value
		Non Favorable	Favorable	Positive		
1	**Age (in yrs.)**					
	20-30	33	21	2		
	31-40	52	31	8	4.43	0.61
	41-50	23	11	6		
	Above 50	7	5	1		
2.	**Gender**					
	Female	86	42	8	**7.07**	**0.02***
	Male	29	26	9		
3.	**Educational Qualification**					
	Diploma Nursing	41	33	8		
	Basic BSc Nursing	55	27	7	3.33	0.50
	Post Basic BSc Nursing	19	8	2		
4.	**Area of working**					
	Medical ICU	32	17	6		
	Surgical ICU	57	30	4	5.90	0.43
	Pediatric ICU	19	16	6		
	Other ICU	7	5	1		
5.	**Years of Experience**					
	0 – 1 year	32	19	3		
	1 – 5 years	51	30	6		
	5 - 10 years	23	14	6	2.88	0.82
	>10 years	9	5	2		
6	**Family history ofvaricose veins**					
	Yes	19	11	2	0.25	0.88
	No	96	57	15		
7	**Self-history of varicoseveins**					
	Yes	8	10	2	2	2.91
	No	107	58	15		
8	**Doing regularexercises**					
	Yes	87	54	14	2	0.59
	No	28	14	3		

Information presented in table 1 reveals the associated between levels of pretest attitude of participants of both groups and their selected socio demographic variables. It shows that, the calculated chi square value for association between levels of attitude of respondents of both experimental and control group is found to be significant statistically at 0.05 levels for their gender. Therefore, the findings partially support the null hypothesis H05 with respect to pretest attitude indicating that participant's level of pre test attitude is significantly associated with gender of participants.

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